

tumbling class descriptions

Major skills required for promotion to the next grouping of skill levels include (but are not limited to...)

tumbling 1:

Forward/Backward rolls, Headstand, Handstand step down to lunge position, Cartwheel with good form, Backbend kickover utilizing wedge mat (60 min 1x/wk).

tumbling 2:

Round-off with good form, Backbend kickover utilizing both wedge mat and floor, Front Limber, Back Handspring with good form using barrel, Back Handspring on TumbTrak with spot (60 min 1x/wk).

tumbling 3:

Back Walkover, Standing Back Handspring on floor, Round-off Back Handspring on TumbTrak, Round-off Back Handspring on floor, Round-off 2 Back Handsprings on TumbTrak, Round-off 2 Back Handsprings on floor (60 minutes 1x/week).

tumbling 4:

This class is by invitation only. Students will be working on flight skills such as Back Tucks, Layouts, Fulls, etc. MUST have a consistent round-off back hand-spring with good form to be considered. See a coach to set up evaluation time (60 min 1x/week).

Students participating in our Tumbling Program without meeting minimum requirements will be reassigned to an appropriate class.

OTHER INFORMATION

In order to secure a spot in any of our classes, we must receive a completed registration form, signed waiver, tuition payment, and an annual registration fee.

We do NOT re-enroll students automatically, nor do we maintain a priority registration system. Spots are filled on a first-come, first serve basis.

Gymnastics and cheerleading students wear leotards or shorts/tee shirts (jeans, skirts, or other loose clothing and jewelry are not permitted)

Unfortunately, we do not offer any type of make up class. No exceptions!

class	circle days/TIMES REQUESTED			
	Mon	Tues	Wed	Thurs
Tumbling 1	7:00	7:00		7:00
Tumbling 2	7:00	7:00		7:00
Tumbling 3	7:00	7:00		7:00
Tumbling 4	7:00	7:00		7:00

class	TUITION SCHEDULE			
	Session #1 (Aug 16th-Oct 11th) 8 Week Session	Session #2 (Oct 14th - Dec 16th) 8 Week Session	Registration Fee (Known in August each year)	Both Sessions and Reg. Fee
ALL Tumbling Classes	\$ 130	\$ 130	Single \$75 Family \$100	Single \$335 Family \$360

Mom's Name _____ Cell Phone # _____
 Dad's Name _____ Cell Phone # _____
 Mailing Address _____ City _____ Zip Code _____
 Home Phone # _____ E-mail address _____
 Emergency Contact Name _____ Phone # _____
 How did you hear about us? _____

First child's name _____
 Birthdate ____/____/____
 Male _____ Female _____
 Class Level _____
 First choice class day _____ Time _____
 *2nd day _____ Time _____
 Second choice class day _____ Time _____
 *2nd day _____ Time _____

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 Second choice class day _____ Time _____
 *2nd day _____ Time _____

**Does your child have any special needs we should be aware of? _____